

VERMONT TELEGRAPH.

"I AM SET FOR THE DEFENCE OF THE GOSPEL."

O. S. MURRAY, EDITOR AND PROPRIETOR.

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TERMS.

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EDUCATION.

Further Extracts from Weld's Report on Manual Labor.

IV. The present system of education produces an indisposition to effort, and destroys habits of activity and industry.

How can it be otherwise, when for eight or nine years the student is unused to effort, a stranger to exposure, cooped up in cloister, his fluids stagnating, his muscles relaxing, his nerves unbraced, and his only exercise the working of his brain, and all this at that formative period, when his character takes its shape for life.

But surely when facts abound every where, theory may be dispensed with. If any one doubts the tendency of this present system, he is referred to a cloud of living witnesses. Let him traverse the country as a student of facts, and he will not only his vocation long, before being convinced of what all the world knows already; he will find that those merchants, lawyers, physicians, and clergymen, who are least distinguished for business habits, enterprise, and active energy, are those who have gone through a regular course of study without regular, vigorous exercise; and he will find that those merchants and professional men who are most eminent for promptness, activity, efficiency, and usefulness, have either not gone through a thorough course of study at all, or if they have, their habits of vigorous exercise have not been laid aside during their education. True, there are exceptions, but they are only exceptions. This fact may not be obvious to mere literary men, who pass their lives mainly in seclusion. But with business men it has become a proverb. No remark is more common among such men every where than that the present system of education unfits men for the practical business of life. They see in a majority of those who graduate from our colleges a listless inactivity, a reluctance to locomotion, an aversion to all vigorous, protracted effort, a timid shrinking from high attempt; and if they were to sketch a full length portrait of one of them, he would probably be represented with his feet elevated upon the mantelpiece as high as his head, body bent much like a half-moon or a horse-shoe, lolling, stretching, yawning, smoking, snoring; or if he were represented in motion, it would be with a lounging air, arms dangling, and a loose-jointed gait.

"Which, like a wounded snake, drags its slow length along."

In every literary institution there are a number of hours daily, in which nothing is required of the student. These will generally be occupied in listless reverie, or talking lessons in the science of time-killing, or in devising and executing schemes of mischief and low tricks, or in procuring vivid sensation by making experiments upon appetite and passion. To practice licentiousness, to make secret libations to Bacchus, to puff tobacco smoke, to play at games of chance, to hatch mischief, to mope from room to room, to shuffle slipshod through the halls, to slouch about, and gaze on vacancy, to drum with the fingers, to whistle, to doze, and nod, will generally be standard employments in institutions where the hours of leisure are not spent in regular exercise. Is it any marvel that the present system should be unfavorable to the formation of habits of industry and activity, when the student becomes so unused to vigorous effort as to regard it with aversion, and when there are three or four hours every day in which he has nothing to do? Suppose these three or four hours were filled up with appropriate exercise, and thus employment afforded for all the time of the individual, would he not, as a matter of course, form habits of industry? Let a student go through an entire course of study on this plan, and if there is any truth in the maxim that "habit is second nature," depend upon it, that man will not slug his life away like a gorged anaconda, and crawl at last into a lounge's grave.

* This plan [the manual labor] will obviate the objection which many worthy people make to sending their sons to classical schools, namely, that they are rendered idle, and ever afterward averse to labor.

—Rev. Dr. Alexander, Princeton.

From the Common School Assistant.

STUDY OF ARITHMETIC—No. 3.

LUDICROUS.

I once asked a lad, seventeen years old, a question, and who had said to me, with an important air, "I went through Daboll's Arithmetic three times last winter, and I can do any sum in the hardest ciphering book you can bring."

I did not dispute him, for I did not doubt but what he could mechanically obtain

the answer of almost any sum he could find in a book, set down under a rule.—But I thought he had, like many others, made figures without thinking, and I asked him the following question:

What will 20 pounds of beef come to at 12 cents a pound, provided the beef is two thirds fat? He hesitated a while, and then said, "if you will tell me what the fat comes to I'll do the sum."

I laughed heartily for I could not restrain myself. He soon said to me with considerable spirit, "if you will tell me the rule it comes under, I will tell you what it comes to." I still said nothing, for his ludicrous embarrassment prevented my speaking at the instant. When he with great vehemence said:

"It is an unfair sum—I never saw such a sum in the book in my life."

This was the climax of the ludicrous scene. I could contain myself within bounds no longer. He considered me an impertinent school master, and I put him down as a fair specimen of most of the children taught in our common schools—they make no application of their lessons to the practical business of life. They do not think. They are not taught that thinking has any thing to do in obtaining an education. This unfortunate had never brought the business of the world on to the slate, or into the school room. No; that two-thirds fat he could not understand—he could not put the fat under any rule—he had never seen a sum that had any fat in it before.

RELIGIOUS MISCELLANY.

From the New York Evangelist.

FIRST OF AUGUST IN JAMAICA.

The evidence accumulates upon us, to prove the beneficial consequences which are flowing even from the awkward emancipation effected in the British islands. The 1st of August, 1836, completed two years of the apprenticeship system. Whatever may have been the inconveniences of this monstrously absurd arrangement, they have certainly been far less than any party anticipated. And as certainly they have had this beneficial influence, to awaken the souls of the people from deep sleep into which slavery had crushed them. Read the following extracts from recent Jamaica papers, and contrast it with the miserable trade which we published in our paper of Oct. 8th, and which is all the information such a paper as the Christian Advocate and Journal thinks proper to give on the subject.

From the Falmouth Post.

FALMOUTH.—It is with peculiar feelings of satisfaction we sit down to record the return and elapse of another anniversary of this glorious epoch which so far as our little and prosperous town and populous parish are concerned, has been celebrated with great tranquility and joy. On the previous day, Sunday, the several places of worship in this town—the church, the partially erected Baptist chapel, and its auxiliary, the Suffolk school room, the new Wesleyan chapel, and the St. Andrew's Kirk, were crowded to excess.—At a mean computation, we have no doubt but that there were ten thousand negroes in town that day. We cannot deny ourselves the pleasure of expressing our great satisfaction at the calm, peaceable, imposing, interesting manner in which this notable and auspicious day was observed by the children of the Sunday and day schools, under the auspices of the Rev. Mr. Knibb. From the Suffolk, Winterforce and Canibwell schools, established in this parish by this laborious and indefatigable missionary, [schools which are all based upon the liberal and comprehensive system of the British and Foreign School Society], there were not fewer than sixteen hundred children who attended the services of the 1st of August at the skeleton of the new Baptist chapel.—They were all arranged in companies, each of which was under the care of a teacher at the school room—and in this orderly manner they walked in delightful procession through several streets of the town, bearing banners, with suitable mottoes, to the chapel, where the congregation was so dense that some hundreds could not gain admittance. To these children, and to their several parents and friends, an appropriate and impressive address was delivered by the Rev. Mr. Knibb. Several ladies and gentlemen, were admitted as spectators of this truly novel and interesting sight. The Rev. Mr. Warl, the superintendent of the Suffolk school, put the children through a few of their daily exercises, which excited the most lively interest. He then gave out the verse, "Be present at our table, Lord," &c., which the children sang with great sweetness; and having taken the repeat which was provided for them, apparently with much gratification, the usual doxology—"Praise God from whom all blessings flow," &c.—was sung, and they were dismissed with the gift of a book to each, when they went off in great glee, singing,

"We'll all go home together, As good children ought to do."

From the Cornwall Chronicle.

MONTPELORE BAY.—From Saturday evening until the afternoon of Monday, we may safely say that the town population increased and varied from 5,000 to 10,000 souls at the least. The established church and the Wesleyan and Baptist churches were crowded to excess on Sunday and

Monday, but especially the Baptist chapel. The place occupied by this denomination, (we mean the whole of the premises,) covers an area of one hundred and twenty two feet by ninety-eight, and the whole was thickly occupied on Sunday, besides the new chapel, which is in a half finished condition, covering ground of ninety by sixty feet, was filled, as well as the surrounding spaces. We may therefore estimate the two congregations on Sunday at 6000 or 7000 souls, more or less.—The number on Monday was not quite so great as on Sunday, the deficiency being caused by some managers, certainly very illegally and injudiciously, having peremptorily directed the people to go to work on the Monday, and in consequence they had to leave the town after the services on Sunday, so that they might be at home to obey orders. The laboring people were in general well dressed, and the propriety and decency with which they conducted themselves, cannot be too highly commended. We look upon the order and peacefulness which prevailed amongst these people on an occasion so exhilarating to their feelings, as a conclusive evidence of religious education over their minds, and the best proof to be adduced in their favor of the rapid progress which they are making towards civilization.

GRATEFUL HILL.—On Monday evening, the 1st instant, a missionary meeting was held in the Wesleyan chapel at Grateful Hill, at which the Rev. Mr. Whitehorn, Baptist missionary at Mount Charles, presided as chairman. The chapel was crowded with attentive hearers, all of whom seemed to listen with deep interest and feeling to the excellent speeches which were delivered on the subject of heathen depravity and ignorance, missionary operations, and the great success with which it has pleased the Almighty to crown the exertions of missionary societies and Christian missionaries. A collection was made in support of the funds of the Wesleyan Missionary Society, which, considering the circumstances of the people, was very liberal, and proved that they really commiserate the wretched condition of the heathen world. What gave this meeting additional interest, was its being held on the memorable 1st of August, which circumstance led one of the speakers to remind the apprentices of the boon of freedom which was conferred upon them two years ago; which freedom was achieved for them, principally, by the influence of the gospel of Jesus Christ, in conjunction with the benevolent exertions of the British people, the British monarch, and government; and finally, the act of the Jamaica legislature. After the meeting several new subscribers gave in their names as contributors to the funds of the Wesleyan Missionary Society.

If the Advocate and Journal really loved the cause of Wesleyanism as much as that of slavery, one would think they might print at least such intelligence as this.

* And this is the tiger-like disposition of those quondam demons—the Jamaica slaves—obeying even illegal "orders," and that on the anniversary of their freedom, when, of all other times, they might have been expected to stand upon their rights!

"EASING CONSCIENCE."

When I see a female, a professor of religion, one who claims to take Christ for an example, wearing from 1 to 25, or even fifty dollars worth of jewelry, and at the same time, doing but little for the cause of Christ, I am compelled to think that if that sister would lay aside her jewelry, such as silver and shell combs, gold beads, rings, &c., and devote the proceeds to the support of the gospel at home or abroad, she would ease her conscience.

When I see a brother carrying an expensive watch, and in addition to this an expensive appendage, in the form of chains, safeguards, keys and seals, which cost from twenty to one hundred dollars, I think if that brother would be content with a watch worth from ten to eighteen dollars, and give the difference for the spread of the gospel, he would ease his conscience.

Again, when I have seen christians, whose profession requires that they be not conformed to this world, spending several dollars annually, for dress, more than their real wants demanded, I have thought that if these good friends would practice a little economy here and give all they save to the cause of Christ, they would do much good, and at the same time, ease their conscience.

In visiting my brethren and sisters, frequently when I have seated myself at their tables, I have thought that if they would be content with less costly food and a much less variety, they would not only promote their health, but they would ease their conscience.

When I have seen professors of religion habitually making use of tobacco, snuff, &c., I have thought, if these brethren and sisters would renounce this unpleasant and unprofitable habit, they would not only set a better example before the world, but they would ease their consciences.

Lastly, when I have seen a small portion of the christian church contributing liberally for the spread of christianity, I have thought that if every christian would do what he could, though it were not more than the widow's mite, they would manifest an interest in the cause, and ease their consciences.

HEALTH DEPARTMENT.

IMPORTANCE OF EARLY RISING.

Early rising is a habit so easily acquired, so necessary for business, so advantageous to health, and so important to devotion, that except in cases of necessity, it ought not to be dispensed with by any prudent or diligent person. The lying late in bed is one of the ills of the aged and the sick, but ought not to be an enjoyment to persons in perfect health.

If any, therefore, have been so unfortunate as to have acquired this idle habit, let them get rid of it as soon as they can. Nothing is easier; a habit is only the repetition of single acts, and may be broken, as it was formed, by degrees; it is a succession of short steps which conveys us from the foot to the top of a mountain. Let a person accustomed to sleep till eight in the morning, rise the first week in April a quarter before eight; the second week at half past seven; the third at a quarter after seven; and the fourth at seven o'clock, and he will accomplish a work which might at first appear difficult, and render a month equal to five weeks of his former indolent life.

Lying late in bed is an intemperance of the most pernicious kind; it impairs the health, is the cause of many diseases, and in the end destroys the lives of multitudes; it makes the blood forget its way, and creep lazily along the veins; it relaxes the fibres, unstrings the nerves, evaporates the animal spirits, saddens the soul, dulls the fancy, and sours the temper; it causes man to such a degree that he dislikes labor, yawns for want of thought, trembles at the sight of a spider, or at the fancies of his own imagination.

He who rises early is met by the domestic animals with peculiar pleasure;—one wags and purrs about him, another frisks and capers, and does every thing but speak. The stern mastic, the plodding ox, the noble horse, the harmless sheep, the prating poultry, the docile ass, each in its own way expresses joy when he first appears. Then how incomparably fine is the dawning of the day, when the soft light comes stealing on—at first glimmers with the stars, but gradually overcomes them all! How beautiful are the fading and the parting of the gray clouds, drawn back like a curtain, to give us a sight of the most magnificent of all appearances—the rising sun! How rich is the dew, decking every spire of grass with colored spangles of endless variety, and of inexpressible beauty! Birds mount and fill the air with a cheep and perfect music, and every tree, every steeple, and every hovel emits a cooling or a twittering, a warbling or chirping, a hailing of the return of day. The solemn stillness of the morning is fit and friendly to the cool and undisturbed recollection of a man just risen from his bed, fully refreshed and in perfect health. Let him compare his condition with that of half the world, and let him feel an indisposition to admire and adore his protector if he can. How many great events have come to pass in these six hours while I have been asleep! The heavenly bodies have moved on; the great wheels of nature have none of them stood still; vegetation is advanced, the season is come forward, fleets have continued sailing, councils have been held, and, on the opposite side of the world, in broad noonday, business and pleasure, amusements, battles and revolutions have taken place, without my concurrence, or knowledge.

VEGETABLE FOOD.

We have repeatedly solicited the young man who wrote the following article, to present the results of his experience to the world; and have at last procured a brief article. Were it not for his reluctance to appear before the public, we might have an article of much greater length, and accompanied by the name of the writer.—We can only add, that every word which is given can be relied on.—Moral Reformer.

In stating my experience relative to vegetable food, it may be well that I say something of my early habits.

I received my early education among those who considered tea, coffee, and animal food, as indispensable articles for the support of the body. When engaged in labor, ardent spirits were also considered an important part of man's support. Accordingly came to years of manhood with all these notions fixed deeply in my mind; and in regard to quantity and quality of food and drink, lived for years enslaved to habits which were absolutely injurious. I inherited from my parents a strong constitution, and hence have been able to ward off some of the effects of these habits.

Many years passed away before I was providentially led to see the evil of this course, and that my habits were such, it pursued, as would do me great injury. I was gradually led to see my errors, and hope that, in some measure, they are now corrected.

In 1833, finding myself in a situation which demanded the strictest economy, I endeavored to make the bill of expenses as small as possible. I thought that much might be saved in the score of board. I accordingly boarded myself. My food, from April of the above mentioned year, till September, 1834, consisted almost entirely of vegetable food, such as bread of

various kinds, puddings, potatoes and apples. There were a few intervals in this time when I used animal food in small quantities—not enough, however, to have considered it any part of my regular food.

During the time mentioned, my health was better than that of most people with whom I was acquainted. I always found myself in the best state of feeling, both in body and mind, when my food was the simplest. I was unwell in the course of that period only for a few hours. This was owing to my eating a quantity of cherries at a time when I should not have eaten any thing. It was the result of ignorance; as I was then unacquainted with the physiology of the human body.

My employment at the time referred to was teaching. A part of my time was occupied in studying. I spent several hours daily in active bodily exercise, either in walking or in manual labor. I sometimes performed long journeys on foot, walking from thirty to forty miles a day. On these journeys I sometimes used animal food, but always found that I walked more easily when I used the simplest vegetable diet.

In September, 1834, I entered college, and during term time, used no other food than bread, and no other drink than water. Water, however, has been my sole drink, for upwards of six years.

In the time of the first vacation, I used animal food when with my friends, but since that time, which is about a year and a half, I have used nothing but vegetable food.

For nearly two years, I have enjoyed perfect health. I am well every day, and every hour of the day. I frequently perform various kinds of hard labor, working all day, and with little fatigue. I frequently take long journeys on foot, and walk from thirty to forty-five miles a day. I perform these journeys with less fatigue than I did formerly, when I used animal food, and drank tea and coffee, or ardent spirits.

Whether abstaining from the use of animal food has been the principal cause of the good health that I have enjoyed for the last few years, I leave it for those to determine who are more fully acquainted with human physiology than myself. I believe that in order to be free from disease, there are many things that demand our attention; but as far as my individual experience is concerned, I also believe that simple vegetable food is one of the most important means that man can use for the enjoyment of health—for that vigor of mind which is found only in a sound body.

MISSIONARY.

From the Bap. Missionary Magazine, Nov. 1836.

Deputations to the Missionary stations in the East.

Journal of Rev. Howard Malcolm.

Continued.

Nov. 11. Saw this evening, the famous Magellan clouds. Instead of being always at the water's edge, as Col. Symmes* affirmed, they stand high in the heavens, and will be almost vertical as we pass round the Cape. We can perceive but two, both bright; but it is said there is a third one, dark. Those we see, are oval, about the size of a cart-wheel to the eye, and exactly resembling the milky way. It is supposed by astronomers that they consist of just such a collection of stars, as form that beautiful pathway across the heavens. The present residence of the younger Herschel, at the Cape of Good Hope, with his stupendous instruments, will doubtless furnish the learned world with some new and important facts in regard to these famous "clouds."

The clearness of the atmosphere in this region, is very striking. Light clouds float about, but, so pure and clear is the air, that the stars shine with a glory not inferior to that of our most resplendent northern nights. In one respect, they transcend even those, viz. the visibility of stars down almost to the very horizon.—Shooting stars are numerous, and of great apparent size. Delicious weather, smooth water, and fine winds make up the most numerous but attractive scenery of our evenings.

—Such beauty, varying in the light of gorgeous nature, cannot be portrayed by words, nor by the pencil's silent skill; But is the property of those alone Who have beheld it, noted it with care, And, in their minds, recorded it with love."

The comet has become more glorious, and its train is visible to the naked eye, stretching upward, almost a fourth part to the zenith. Seen through the ship's glass, it is half the size of the moon, and of a dazzling brightness, resembling Jupiter. It appears low in the west, and sets about half past nine.

Thursday, 12. Had the great pleasure to day, of sending letters directly to Boston, by the ship Susan, Capt. Jennings, from Rio Janeiro. Judging by appearances that she was an American vessel, and bound for the United States, we checked our way to meet her, and finding our hopes confirmed, asked the captain to leave to, and take letters, which he readily did. I had seven nearly finished, and among us all, made up more than sixty, which will gladden our friends, by assuring them that we are so far, all well.—

* The famous author of the theory, that the earth is hollow and inhabited.

Such opportunities are very rare at sea, and we feel grateful that our friends will thus be able to hear from us, seven or eight months before they could from Calcutta.

We are now in south latitude 15 deg. 34 m., and west longitude 32 deg. 20 m., going seven miles (or knots) an hour, day and night, fanned and forwarded by the invaluable trade wind. There are, on the globe, two trade-winds; one north of the equator, forever blowing from the north-east; and the other south of the equator, and blowing always from the south-east. They extend about 28 degrees each side of the equator, but advance and recede several degrees, according as the sun is north or south of the line. They blow with sufficient force to propel a vessel generally about seven miles an hour, and with such uniformity that, for many days, a ship scarcely alters a rope; and are attended with delightful weather.—They extend quite round the globe, except where the action of the sun on masses of land, or high islands, obstructs it for a limited space. They are generally attributed to the rarefaction of the air, under the path of the sun, causing an influx from toward the poles. The wind thus created, is drawn westward by the combined action of the sun in its path, and the rapid rotatory motion of the earth. The north-east trade-wind stops short of reaching the equator, by several degrees, and is less regular and strong, which is attributed to the great contraction of the Atlantic, between Africa and Brazil, and to the greater quantity of land in the northern hemisphere, producing an amount of rarefaction which allows it less cold air for the supply of the tropics. At the West Indies, where there is a large scope of ocean to the eastward, the trade-wind is very uniform, and hence the term, "Windward Islands." Whatever may be the second causes of these great and perpetual phenomena, we certainly owe the great First Cause unspeakable thanks, for they impart most important benefits.

Thursday, 19. Another severe shaking of my clay house has been reminding me again of the Master's warning, "Behold I come as a thief." An attack of colic, on Monday, reduced me in a few hours to extremity. It was more violent than most previous attacks, but yielded sooner. Precious days, however, have those been. What fresh and endearing benefits do these sicknesses impart! No height of worldly honor, or richness of bodily enjoyment, would induce me to part with the salutary lessons derived from even one of these attacks.

We have now, probably, bid farewell for the present, to warm weather, being in latitude 30 deg. Thick clothes are in requisition, and the thermometer ranges about 60 deg. to 65 deg. It will probably remain cold with us for five or six weeks, perhaps more. We had the pleasure to-day, for the first time, of seeing Cape pigeons, and that kind of aquatic birds, the albatross. These, with gannets, molly mawks, boobies, putados, and other birds for which those on board have no name, are almost constantly round the ship.

Saturday, 21. Well enough to be on deck and enjoy the calm and delicious vernal sun. The present season in this latitude about corresponds with our May at home. At evening, after watching a gorgeous sunset, I was sitting in the round-house to avoid the dew, when cries of admiration called me instantly out, and there was Venus, queen of all stars, gradually descending into the ocean, unobscured by mist or cloud! Nothing could be more beautiful. It gave a strong proof of the exceeding purity of these skies.

Thursday, 25. Feasted our eyes with the sight of "land" which for sixty-five days we have not beheld. But imagination had to spread the banquet for none of us would have suspected that we saw land, had we not been told so. The dim, cloud looking crags of Tristan D'Acunha, showed their questionable outline amid fogs and rolling mists, for about an hour, and then left us to spend another sixty-five days, probably, before we again see aught but sky and water. This lonely spot is occupied by but a single family of 15 or 20 persons.

"Cape weather" is now upon us—foggy, damp, and cold, but with a noble westerly gale, driving us on magnificently. Our promenades on deck are suspended, but the cool weather enables us to sit in our state-rooms, and the privilege of unrestricted retirement makes amends for the absence of many others.

Saturday, 28. Succeeded this morning, in harpooning a porpoise (*delphinus phocaena*), and getting it on board. It measured about seven feet long, and more than three feet in girth—of a pure white under the belly, and rich lead color on the back, with large fins, each side, near the head—and the nose long and pointed, not unlike that of a hog. This latter feature is no doubt the reason why, in French, Italian, and German, the creature is called "hog-fish." The spout-hole is not on the crown of the head, as is said in the Encyclo. Americ., but quite forward of the train on the snout. It is divided by a septum of solid bone, into two oval apertures, each capable of admitting a finger with ease. The harpoon entered its heart, so that it never moved after being brought on deck. Its blubber (that is, the coat of fat lying under the skin,) was stripped off for lamp oil, and the carcass hung up for